



Teriyaki Chicken & Garlic Rice Bowl

with Japanese Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Chicken Thigh



Mayonnaise



Japanese Dressing



Mixed Sesame Seeds



Teriyaki Sauce



Spring Onion



Crispy Shallots

Hands-on: 30-40 mins
Ready in: 40-50 mins

Eat me early

When mayo gets together with Japanese dressing, our tastebuds start doing a happy dance. And when juicy pieces of teriyaki chicken, crunchy Asian greens and mouth-watering garlic rice join the mix, it's our kind of party!

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
Asian greens	1 bunch	2 bunches
chicken thigh	1 small packet	1 large packet
mayonnaise	1 packet (40g)	2 packets (80g)
Japanese dressing	1 packet	2 packets
mixed sesame seeds	½ sachet	1 sachet
teriyaki sauce	½ sachet	1 sachet
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
spring onion	1 stem	2 stems
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3852kJ (920Cal)	687kJ (164Cal)
Protein (g)	42.8g	7.6g
Fat, total (g)	45.5g	8.1g
- saturated (g)	12.5g	2.2g
Carbohydrate (g)	81.3g	14.5g
- sugars (g)	17.8g	3.2g
Sodium (mg)	1785mg	318mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the veggies

Return the pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and cook, tossing, until tender, **4-5 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper** and transfer to a medium bowl.



Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **mayonnaise** and **Japanese dressing**.



Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **4-5 minutes** (cook in batches if your pan is getting crowded). Add the **teriyaki sauce** (see ingredients), **soy sauce** and **water (for the sauce)** and cook until bubbling and reduced, **30 seconds**.



Toast the sesame seeds

Heat a large frying pan over a medium-high heat. When the pan is hot, add the **mixed sesame seeds** (see ingredients) and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Serve up

Thinly slice the **spring onion**. Divide the garlic rice between bowls. Top with the teriyaki chicken (plus any sauce from the pan) and the veggies. Sprinkle with the spring onion, toasted sesame seeds and **crispy shallots** and serve with the Japanese mayo.

Enjoy!